FAMILY LIFE

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SUCCESSFUL AMERICAN FAMILIES

In an era of widespread social disorganization and social change, most American families have found a way to preserve themselves, protect their children from destructive influences, and perpetuate sound patterns.

They do this by more or less consciously controlling the family friendships, and keeping their youngsters most frequent and intimate contacts limited to a group of not more than half a dozen families, of which many, sometimes most, are related by blood.

This restriction of closest association to a group that has as much as possible in common has enabled these families, which constitute something like 85% of the population, to maintain their own integrity (avoiding broken homes), to prevent juvenile delinquency among their offspring, and to promote the education of these offspring, so that nearly all of them finish high school and a continually larger proportion go on to college.

Most of the social difficulties and problems which the nation faces are created by the remaining 15% of the population which is characterized by a high proportion of broken homes, much juvenile delinquency, indiscriminate friendships, and inadequate education of their young people.

Unfortunately, this 15%, by virtue of the publicity given to it and the trouble and expense it causes to the community, gets most of the attention, much more than its share of public and private funds, and because of the overimportance which it thus acquires, has even misled sociologists and many others into a complete misreading of the nature of civilization.

These are some of the conclusions of the most extensive study of the American family that has ever been undertaken. It has been carried on for many years by sociologists Carle C. Zimmerman of Harvard University and Louis J. Cervantes of St. Louis University, and has involved getting detailed information from very nearly 60,000 families in all parts of the United States. Some of the preliminary findings were presented in Family Life, Dec., 1958. The detailed story is in their book, *Successful American Families* (Pageant Press, 101 Fifth ave., New York 3, N.Y., 1960, Pp. 225, price $5.00.)

High school seniors were asked to fill out an anonymous questionnaire

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telling certain facts about their own families and the families that were the most intimate visiting-friends of their parents. It was found that families surrounded themselves with other families having values similar to their own, as measured by resemblances in religion, economic status, "region" of origin, and intermarriage or kindred relations. By so doing the families created a home environment such that the children would grow up without being too greatly exposed to differing values and conflicting mores. They would know such things were in the world, but not in *their* world. Their own family values would thereby have a chance to take root and grow.

The relationship works both ways, of course. Friends of a given family help it and it in turn helps them. Thus "much social creativity (probably as much as lies within the limits of capability) is achieved by implanting adult ideals in children through forming intimate, similar friend-family groups." If a family moves into a new community, as is happening so continually in North America, it begins to form a new circle of friends on the same basis of similarity, carefully chosen and tested. In other words, the great bulk of American families, i.e., the good ones, are not part of the "lonely crowd." They create their own little social world, wherever they go, on the basis of a definite and recognized need for the welfare of their children — and of course of themselves.

These conclusions are documented with a great array of statistical evidence, much of it highly interesting and valuable on its own account. Take the matter of divorce—the more the friend-families are similar, the fewer are the divorces in the group. The same applies to juvenile delinquency, where the proportions of broken homes among the group reporting juvenile arrests were from four to seven times greater than the general average among all families. (The very rich and the very poor both provided much more than their quota of juvenile delinquency.)

One of the interesting findings is the remarkable extent to which broken families were avoided by the normal families. "We have one current in our family system which has no particular antagonism to family disruption and accepts it as necessary evil. It includes a small but noisy part of our people. Family conditions among this group are now getting worse and worse. It is becoming pretty much isolated because other families are not intimate with them. The current moving toward the other pole contains the majority of American families. They have great moral antagonism to divorce, particularly in their own family group and friends, since they feel that it influences their children . . . They use the family-closed-group as a preventative measure against the increasing occurrence of these divorce-and-delinquent risks." And their attempt is highly successful.

The authors produce some interesting new evidence on interfaith marriages. "Jews, who are a small minor-

ity in all our cities, show the greatest tendency for cross-marriage of any of the three orthodox religions." "When the marriage is a cross one based upon religious confession the divorce rate of the Protestant groups rises two or three times the height of the pure religious marriages. Among Catholics it rises three or four times when the marriages are crossed. Among Jews, who are more clannish than Catholics, the rates rise normally five or six times when the marriages are crossed." Moreover, when the family becomes a religious battleground other conflicts can enter easily into the homes, as shown by higher arrest rates.

A brief review can give only a very inadequate idea of the wealth of information in this important book — which is sometimes not very simply written, however. Much space is devoted to a discussion of evolutionary trends in family life. At present in the United States, they cite reason to believe that good families are getting better, and bad families getting worse. They believe, however, that the American family, in general, has reversed a deteriorating trend that was conspicuous in the first 25 or 30 years of this century and that all the figures indicate a steady strengthening of its position through the changes that have occurred since the last world war. If the nature of these changes is properly understood, if families recognize that they can to a large extent determine their own success by the selectivity of their close friendships, and if on the basis of similarity of backgrounds and values, they follow this course, the prospects for the future are highly encouraging.

Research Notes

MONGOLISM in children is often associated with X-radiation of the mother ,according to a survey by Irene A. Uchida and Elizabeth J. Curtis of the Children's Hospital, Winnipeg, Man., Canada. Of mothers with mongoloid children they found that 28% had been exposed to several abdominal X-rays or fluoroscopy compared with 4% among mothers of cleft-lip children and 14% among "neighbors"—a group of families seleted as controls. "It appears from these data that a substantial fraction of cases of sporadic mongolism is associated with a history of maternal radiation." Results were reported at the annual meeting of the American Society of Human Genetics in Atlantic City, May 3-5, 1961.

NURSING HOMES in the U.S. contain a little more than 300,000 beds at the present time, and at least 50% more are urgently needed, according to survey by a subcommittee on Problems of the Aged and Aging of the U.S. Senate. Moreover, half of the existing beds are "unacceptable by established standards; the personnel often is inadequately trained, and frequently there is no provision for medical care . . . Only a third have a registered nurse or a licensed practical nurse . . . Worst of all, the vast majority of nursing homes provide no rehabilitation or restorative services, thus unnecessarily condemning many patients to a life of helplessness . . . It is often the effect of this kind of disuse and not the initial illness which leads to total disability."

AT LEAST one person in every 10, or 18,000,000 in the U.S., has some

form of mental illness (from mild to severe) that requires psychiatric treatment, says a release from the Natl. Assn. for Mental Health. There are a little more than 11,000 psychiatrists, of whom more than one-third are in New York and California. The average U.S. ratio is now one psychiatrist for 16,000 persons but in some states there is only one psychiatrist for 50,000 to 75,000 persons.

Notes from the AIFR

Since many boys and girls in school want to take advantage of the summer vacation to improve their ability to learn, the Institute's Family Department offers a remedial education program of four three-week sessions, from June to September. Pupils may enter at any time. Special attention will be paid to slow learners in reading and in arithmetic. Clarence H. Vetterli, M.A., who will direct this program, has had many years of teaching experience as well as special training at the Los Angeles College of Optometry on the relationship of visual problems to reading difficulties. He was formerly director of the Burbank Reading Clinic. Parents desiring full information, dates, and costs should address the Family Dept., American Institute of Family Relations, 5287 Sunset Blvd., Los Angeles 27, Calif.

Educational Notes

SURVEY conducted in 1958, and unpublished, found that all 72 of the schools accredited by the American Association of Theological Schools offer instruction in pastoral psychology and counseling.

INTERNATIONAL Childbirth Educational Assn. has put out the first issue of a mimeographed bulletin, the ICEA News, which will appear quarterly at the start. Subscriptions ($1 a year) may be sent to the editor, Mary Oxholm, 48 E. 92d st., New York 28, N.Y.

SOCIAL CLUBS to aid the community readjustment of mental patients have been established in various American cities. In Canada they are being set up systematically and underwritten financially as part of the work of the Canadian Mental Health Assn. under the name of White Cross Centers.

WIVES OF ALCOHOLICS are the subject of an intensive study by the National Council on Alcoholism (2 E. 103d st., New York 29, N.Y.) In a year long program several hundred wives were interviewed and the results are being tabulated by punch cards to answer such questions as: are the wives of those husbands who achieve sobriety different from the wives of husbands who continue drinking?

SUPERVISED In-service training program in marriage counseling is offered by the Marriage Counseling Service, Inc., at 914 N. Charles st., Baltimore 1, Md. It requires at least two full days per week for a year. The fee is $600.

RESPONSIBILITY for juvenile delinquency was placed squarely on American family life and culture by psychologist William K. Chen of Rutgers College, who has completed a two-year study in the Delaware Valley among youth of 12 to 21 years of age. Many American parents, he declares, fail to teach self-control and are preoccupied with attempts to maintain social position and prestige in the community.

Around the World

POLAND has started a determined campaign of sex education. Experimentally certain regions have been designated where the subject will be obligatory in the public elementary schools. This teaching will be extended in the light of experience. Meanwhile an unprecedented campaign is being carried out through youth organizations, in high schools and workers organizations, in factories, and in the army.

PAKISTAN has adopted far-reaching changes in the laws governing the position of women. Men can not now take second wives at will, but only with the permission of an arbitration council to be composed of representative of the government, and the husband and first wife. Compulsory registration of marriages is established, and divorce of a wife (permitted under the old Islamic code merely if the man said three times to his wife, "I divorce you"), now requires a hearing between the man, wife, and a government representative, at which reconciliation will be attempted. Legal age of marriage for girls is raised from 14 to 16.

JAPAN now has more than 300 Citizens' Counseling Bureaus, set up under the local Social Welfare Councils and staffed by volunteers who are respected and influential members of the community and are appointed by the Minister of Health for a three-year term.

INTERNATIONAL MIGRATION creates many problems of family support because a man going to another country can not be easily forced by law to take care of the wife and children he has left behind. After long and intensive work by the U.N., a multilateral Convention on the recovery abroad of maintenance was adopted in New York in 1956, but so far only 17 countries have signed it. A second one entitled Convention on the recognition and enforcement of orders on maintainance allowances for children was adopted in 1958, but so far only one country, Austria, has signed it.

BARBADOS was the site of the Third Western Hemisphere Conference on Population Problems and Family Planning, April 19-23. The theme was "How to reach and teach the people."

NEPAL'S recently formed Family Planning Assn. is encountering vigorous hostility from the nation's religious leaders, who denounce its activities as "manslaughter."

THE ITALIAN FAMILY FRONT, a voluntary nation-wide organization with its headquarters at Piazza Aracoeli 6 in Rome, has opened a School for Marriage in the northern industrial city of Turin. Couples, who pay no fee, are given courses in physiology, psychology, homemaking, and cooking. The Frente della Famiglia was organized in 1949.

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Inexpensive Pamphlets

TRENDS AND TECHNIQUES IN PARENTS EDUCATION: a critical review, by Aline B. Auerbach. Pp. 37, price 75c from Child Study Assn. of America, 9 E. 89th st., New York 28, N.Y.

TODAY'S VD CONTROL PROBLEM, Pp. 45, price 25c from American Social Health Assn., 1790 Broadway, New York 19, N.Y.

THE RETARDED CAN BE HELPED, price 10c from Natl. Assn. for Retarded Children, 386 Park ave. South, New York 16, N.Y.

ENRICHING THE ADDED YEARS, Pp.

15, price 10c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C. (Catalog No. FS 1.2:En 7/960.)

GROWING UP—cerebral palsied children learn to help themselves, by Mildred Shriner, price 25c from National Soc. for Crippled Children and Adults, 2023 W. Ogden ave., Chicago 12, Ill.

THE MOTHER WHO WORKS OUTSIDE THE HOME, by Violet Weingarten. Pp. 25, price 40c from Child Study Assn., 9 E. 89th st., New York 28, N.Y.

DO YOUR DREAMS MATCH YOUR TALENTS?, by Vance Packard. Pp. 43, from Science Research Associates, 259 E. Erie st., Chicago 11, Ill.

HELPING PARENTS OF HANDICAPPED CHILDREN: group approaches, Pp. 39, price $1.25 from Child Study Assn., 9 E. 89th st., New York 28, N.Y.

CHILDREN WHO RECEIVE SERVICES FROM PUBLIC WELFARE AGENCIES, by Helen R. Jeter. Price 25c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.

WHY CAN'T YOU HAVE A BABY? by Alan F. Gutmacher and Joan Gould. Pp. 20, price 25c from Public Affairs Pamphlets (No. 309), 22 E. 38th st., New York 16, N.Y.

YOUR NURSING SERVICES TODAY AND TOMORROW, by Elizabeth Off. Pp. 28, price 25c from Public Affairs Pamphlets (No. 307), 22 E. 38th st., New York 16, N.Y.

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SEX GUIDANCE FOR YOUR CHILD, a parent handbook by a family-life panel. Pp. 192, price $4.50 from Monona Pubs., P.O. Box 3222, Madison 4, Wis., 1960.

More than 5,000 pupils, during 18 years, took work in sex education in a high school class taught by one of the authors of this book. At the end of the course they wrote evaluations, of which only three were negative. That is a good indication not merely of the justification for sex education in the high schools, but of the competence of one of the four authors, namely Mrs. Ada Cockefair. Her husband, Dr. Edgar A. Cockefair, is a retired college biology teacher, while the other two are a child psychiatrist (Dr. Robert E. O'Connor) a clergyman, Dr. Carl W. Stromberg. An educational psychologist, Dr. Helen I. Driver, is given credit for editing the book. It will be valuable not merely to parents but to teachers and to discussion groups. An appendix contains 160 questions asked by high school girls and concludes with a list of good books and films. The book will undoubtedly be widely popular.

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ADVANCES IN BLOOD GROUPING, by Alexander S. Wiener. Pp. 549, price $11 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1961.

Identification of heritable factors in human blood dates only from the beginning of this century, but it has become one of the most complex as well as one of the most useful features of human genetics. Dr. Wiener, who shared in the original discoveries and who is today the world's leading authority on the subject, brings together in this volume reprints of 57 of his own papers published during recent years. It is definitely a book for the specialist. Disputed parentage is only one of many important applications of this new knowledge.

NEW BOOKS IN BRIEF REVIEW

FAMILIES IN THE CHURCH: a Protestant survey, by Roy W. Fairchild and John Charles Wynn. Pp. 302, price $5.75 from Association Press, 291 Broadway, New York 17, N.Y., 1961.

Where does the church help, and where does it fail, in relation to family life in North America? This book is based on the most extensive and carefully-organized surveys yet undertaken, but it goes much farther, presenting a useful summary of the most valuable recent research on family life. It is impossible even to suggest the wide range of information included in the volume. Many will particularly welcome the detailed and thoughtful discussion of the Biblical doctrine as seen through the eyes of several centuries of Protestants. Others will appreciate the expression of opinion by hundreds of families, on what help they derive from the church and what is lacking or useless. Ministers tell of their own feelings, efforts, and frustrations. The largest number listed counseling as the part of their daily work that afforded them the most personal enjoyment and sense of accomplishment, in which connection the authors note that "in many counties of modern U.S.A. (the estimates run up to 50%), the pastor may be the only professional person who has had any training in the psychological sciences." Dr. Fairchild is head of the department of Christian Education, San Francisco Theological Seminary: Dr. Wynn is associate professor of Christian Education, Colgate Rochester Divinity School. Most of the research was done under the auspices of the Presbyterian church. The book will have an influence and value far beyond church circles.

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THE GIRL THAT YOU MARRY, by James H. S. Bossard and Eleanor Stoker Boll. Pp. 191 (no index), price $3 from Macrae Smith Co., 225 S. 15th st., Philadelphia 2, Pa., 1961.

Here is a book that has long been needed, providing young men with a clear, sensible, and usable understanding of differences in behavior that they must expect in their wives, growing out of the fact that the latter are women, not men. "In general she is ritualistic, conservative, and domestic, has different sex attitudes and experiences, needs security, wants your company, her own home, and to be a mother." All this does not involve any surprising new discovery, but it is surprising to find how many difficulties in marriage grow out of failure of husbands to understand and make use of the information. The late Dr. Bossard was long professor of sociology at the University of Pennsylvania and a leader in the field of family study; Dr. Boll was during many years his principal collaborator and joint author with him of a number of important books. No more practical gift could be found, for any young man about to wed, than a copy of this book.

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SUCCESSFUL SOCIAL ACTION: a basic need of democracy, by George Gleason. Pp. 235 (no index), price $3.50 from Vantage Press, 120 W. 31st st., New York 1, N.Y., 1961.

Social action differs from social service in that the former should ob-

viate the need for the latter, says Dr. Gleason. This is an ambitious program, but he goes on to show, by citation of actual projects, how much can be done and is being done by relatively small groups of dedicated citizens, to remove the causes which make relief necessary: "such evils as poverty, crime and delinquency, community and industrial tensions, unemployment, race hatreds—and even war. These human problems *can* be solved—with enough social study . . . and action." Altogether he provides 80 case studies, which should be an inspiration to action if read by any citizen with a social conscience. Dr. Gleason, now a resident of Los Angeles, had a distinguished career in Y.M.C.A. administration in Japan and in the United States, then spent many years as a liaison officer between the Los Angeles county government and the churches of the community. In this position he had an unusual chance to study at first hand the conditions for which he now describes remedies that have been applied successfully in all parts of the continent.

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SEX WAYS—in fact and faith, ed. by Evelyn M. and Sylvanus M. Duvall. Pp. 253 (no index), price $3.96 from Association Press, 291 Broadway, New York 17, N.Y., 1961.

Many representatives of Protestant Christianity in North America are confused, uncertain, and hesitant in their views on sex, marriage, and family life. The Canadian Council of Churches therefore joined with the National Council of the Churches of Christ in the U.S.A. to hold a conference on the subject at Green Lake, Wis., at the beginning of May of this year, and the book under review was prepared for it by 17 persons well-known for their writings in the field. It reviews briefly the development of doctrinal views from early centuries to the present, but is given over largely to a summary of the facts of a large subject. It will therefore be very useful for reference by all interested. The general purpose is not to lay down dogmatically any positions that must be held, but to provide information on which the reader can think through his own ideas. If some readers are, at the end, still confused, uncertain, and hesitant, the fault probably lies in the nature of the case.

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LOVE IS NO LUXURY, by Marjory Louise Bracher. Pp. 120 (paper covers, no index), price $1.25 from Muhlenberg Press, 2900 Queen Lane, Philadelphia 29, Pa., 1961.

No, it's not a luxury, says this author (wife of Dr. Edwin Bracher, president of the Pacific Synod, United Lutheran Church of America); "Love is so necessary that it is, as Jesus recognized, one of the first laws of human life." She has written this, her third book, to identify some of the obstacles to success in marriage and the family and point out ways in which they can be avoided or overcome. It is sound, simple, and comprehensive.

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CLASSICS IN PSYCHOLOGY, ed. by Thorne Shipley. Pp. 1342, price $20 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1961.

This huge volume brings together 21 of the contributions that may be considered milestones in the development of psychology, and presents each contribution in its complete and original (translated, of course) form, with

a few minor exceptions. It will be an indispensable addition to any library used by students, who want to know how their science has taken form during the past 150 years.

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THE HERITAGE OF AMERICAN SOCIAL WORK, ed. by Ralph E. Pumphrey and Muriel W. Pumphrey. Pp. 452, price $10 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1961.

Beginning with the Colonial Period, and Captain John Smith's ultimatum to the colonists at Jamestown that "He who would not work must not eat," the editors (of Washington University, St. Louis) end their 112 reprints with the establishment of the Social Security act. The interest of the volume goes far beyond the domain of professional social workers. It represents an important part of the story of American civilization.

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CREATIVITY AND THE INDIVIDUAL, ed. by Morris I. Stein and Shirley J. Heinze. Pp. 428, price $10 from the Free Press, Glencoe, Ills., 1961.

While this volume is intended primarily for industry and management, the discovery and development of creativity is certainly no less important to educators and to every parent. Much work is currently in process on this subject, and some of the researchers have already decided that the problem is not so much one of developing creativity as of not preventing its development—that creativity is innate and will manifest itself if not suppressed by present educational methods in the home and outside of it. The editors of this book have selected more than 300 outstanding articles and books that have contributed to the understanding of creativity and have arranged them in such a way as to present a fascinating story whose ramifications go far beyond what the ordinary reader would anticipate.

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HEALTHY BABIES, HAPPY PARENTS, by Henry K. Shaw et al. Pp. 228 (large), price $4.95 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1960.

A modern, well-balanced, and encouraging book for any parents. Dr. Silver is professor of pediatrics at the University of Colorado School of Medicine. Co-authors are C. Henry Kempe, head of the same department, and Ruth S. Kempe, specialist in mental health and child guidance and mother of four young daughters.

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SUMMERHILL: A radical approach to child rearing, by A. S. Neill. Pp. 392, price $5.75 from Hart Pub. Co., 74 Fifth ave., New York 11, N.Y., 1960.

Educators have known for 40 years of the experimental school conducted in England by A. S. Neill, where children are allowed complete freedom to do as they please—almost literally. It is not certain that the same principle could be applied successfully in the home; but perhaps Mr. Neill would say it has never been tried. Apparently not much evidence is available as to the adult careers of the youngsters brought up in Summerhill; here is a good subject for research. But Mr. Neill's book is certainly interesting and stimulating, and even those who disagree most violently with its ideas will benefit by re-thinking their own ideas. The present volume is put together from four books published pre-

viously, with some new material added. Teachers and parents alike are advised to study it.

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ROHRSCHACH'S TEST. I, Basic Processes, by Samuel J. Beck et al. Third revised edition, Pp. 237, price $6 from Grune and Stratton, 381 Fourth ave., New York 16, N.Y., 1961.

The 10 ink blots are often used in ways that have no statistical validity says Dr. Beck (University of Chicago). Attempting to make the test a quantitative one, not one that depends on the subjective interpretations and hunches of observers, he got information from more than 200 American psychologists as to their use of it. The volume will interest only the specialist but will be invaluable to him.

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FROM ADOLESCENT TO ADULT, by Percival M. Symonds with Arthur R. Jensen. Pp. 413, price $8.75 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1961.

In 1949 the late psychologist P. M. Symonds published a study of the adolescent fantasies of 20 boys and 20 girls whom he had tested in 1940-1. He repeated this study in 1953-4 on the 28 of his subjects who could then be located. It was not entirely ready for publication when Dr. Symonds died last year and Dr. Jensen has completed it. The general conclusion is that the basic personality changes little, as the individual passes from adolescence to adult life, but that he learns to adapt it to circumstances. "Expressing wild and aggressive fantasies in adolescence by no means precludes good later adjustment." Their maturing was on the whole a blind, trial-and-error process. "Formal education gave almost no help in preparing a person to meet the problems of education, vocation, and marriage that he must inevitably face . . . An adolescent with a united home and strong, stable parents has the best chance of making a good adjustment in early adult years."

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THE SEX TECHNIQUE IN MARRIAGE, by Isabel Emslie Hutton. Pp. 191, price $3 from Emerson Books, 251 W. 19th st., New York 11, N.Y., 1961.

First written 30 years ago, this little book by an English physician has had some revision for a new edition, but it still has an old-fashioned air about it. It is simple, idealistic, and wholesome in point of view, but is hardly up to date. ●

PSYCHOLOGY: an introduction to the study of human behavior, by Henry Clay Lindgren and Donn Byrne. Pp. 429, price $6.50 from John Wiley, 440 Fourth ave., New York 16, N.Y., 1961.

This large, handsome, and well-written college textbook with its abundant illustrations is another reminder of the immense advance which psychology textbooks have been making during the past quarter of a century. The subject is now presented as a usable and interesting one. The fact that, of 429 pages, only 2½ are given to marriage and the family is also a reminder that psychologists apparently do not believe these subjects really belong to them.

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LOVE AND CONFLICT, by Gibson Winter. Pp. 195, (paper covers, no index) price 95c from Doubleday & Co., Garden City, N.Y., 1961.

Good book reviewed in Family Life, May, 1958, and now brought out as a Dolphin book—pocket size.

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